Volume 8, Issue 8

www.jtfgtmo.southcom.mil

Friday, April 20, 2007

A News Magazine
Honor Bound to Defenid Freedom

Joint Task Force Guantanamo's Finest News Source

Inside this issue:

pg.3 Tattoo and grooming standards

pg.6 National Sports

pg. 10 Airport family gate pass

pg.15"15 Minutes of Fame" with

**Army Maj. Miguel Mendez** 

Photo by Army Pfc. Phil Regina

# THE BEST OF THE BEST

By Army Sgt. Maj. Angel Alvarado

Joint Detention Group Sergeant Major

No one is more professional than a noncommissioned officer; a leader of Soldiers. Recently I was honored to serve on the Board to choose the JTF-GTMO Service Member of The Quarter for the first quarter.

Our job as leaders is to send our best candidates to the Board and to provide our Soldiers with purpose, direction and motivation. We must give them the tools to deal with the challenges that come from our mission. We must inspire Troopers to do things against their natural will. Possibly, to risk their lives-to carry out missions for the greater good of the unit, the Army and our country.

As a leader, you are responsible for understanding and directly transmitting the Army values to your Troopers. These values are the foundation for service to the nation.

Values are attitudes about the worth or importance of people, concepts or things. Values influence your behavior because you use them to decide between alternatives.

Your values will influence your priorities. Strong values are what you put first, defend most and want least to give up. Individual values can and will conflict at times.

Know yourself and seek self-improvement, know your Troopers and look out for their well-being.

As a leader you have three



general ethical responsibilities. First, be a good role model.

Second, develop your subordinates ethically. Finally, lead in such a way that you avoid putting your subordinates into ethical dilemmas. Saying the right words and having the right values and knowledge will have no meaning to others if not reinforced by actions.

Leaders have a challenge. They must take care of Troopers' needs, develop cohesive teams, train them under tough conditions and assess their performance. They must also assist them with their personal and professional growth and reward them for their success.

This is an overview of your job as a leader. Develop great Troopers that come to the Board and make our part as voting members interesting, because we need to lead with the best.

If your Trooper was selected, congratulations. For the other Troopers that participated in the Board, remember that you came to this Board because you are "The Best of The Best." ■

#### **JTF-GTMO Command**

Commander:

Navy Rear Adm. Harry B. Harris, Jr.

Joint Task Force CMC:

Navy Command Master Chief Brad LeVault

**Director of Public Affairs:** 

Navy Cmdr. Richard Haupt: 9928

305th PCH Commander:

Army Col. Lora Tucker: 9927

305th PCH Sergeant Major: Army Sgt. Maj. Oscar Diaz: 3649

**Command Information Officer:** 

**Command Information NCOIC:** 

Army 1st Lt. Michael Garcia: 3596

Army Staff Sgt. Vince Oliver: 3651

#### The Wire

Circulation: 700

Editor:

Army Sgt. Jonson Tulewa-Gibbs: 3592

**Assistant Editor:** 

Navy Petty Officer 3rd Class

Jeff Johnstone: 3593 **Photo Editor:** 

Army Pfc. Phil Regina: 3589

**Layout Editor:** 

Army Spc. Jason Kaneshiro: 2171

**Assistant Layout Editor:** 

Navy Petty Officer 2nd Class Gary Keen:

Staff Writers & Design Team:

Army Spc. Jonathan Mullis: 3589 Army Spc. Dustin Robbins: 3589

#### Contact us:

Base Information: 2000

Public Affairs Office: 3651 or 3594 From the continental United States: Commercial: 011-53-99-3651

DSN: 660-3651

Online: www.jtfgtmo.southcom.mil

Webmaster:

Army Spc. Dustin Robbins: 3589



The 305th Press Camp Headquarters, Joint Task Force-Guantanamo, produces The Wire, which is printed under the provisions of Department of Defense Instruction 5120.4.

# Staying in Standards

By Army Spc. Jonathan Mullis

JTF-GTMO Public Affairs Office

The military is full of rules. Some of these rules were formed to support a specific battle function, while others are simply in place to maintain professional appearance. Regardless of the regulation, it's important for all Troopers to be familiar with the specific rules, their prospective service enforces.

A common case for discussion is the regulations on hair length. In the military it's very likely you will have an on-the-spot correction made in regards to your hair. While the specifics are ultimately up to the unit commander, the regulation is very deliberate in it's verbiage.

Some hairstyles are acceptable, as long as they are neat and conservative. It is not possible to address every acceptable hairstyle, or what constitutes eccentric or conservative grooming. Therefore, it is the responsibility of leaders at all levels to exercise good judgment in the enforcement of military policy.

Besides the obvious appearance purposes behind hair standards, one of the less widely known reasons is to ensure a proper seal on your gas mask.

However, while hair standards support a specific battle function, regulations on tattoos are in place more for appearance purposes. Tattoos are now permitted on the hands and back of the neck if they are not "extremist, indecent, sexist or racist." Army

regulation 670-1, which was modified via a message released January 25, 2007 also now specifies; "Any tattoo or brand anywhere on the head or face is prohibited except for permanent make-up." In order to ensure proper compliance every Trooper should reference their branches' specific rules.

Body piercing regulations are very clear on what is and more importantly, is not allowed. Female Troopers in uniform may wear approved earrings, i.e. one small spherical, conservative, diamond, gold, white pearl, or silver pierced, or clip earring per earlobe and the earring worn in each earlobe must match.

Male Troopers are prohibited from wearing earrings and all other body piercings on installations, both on and off duty, in or out of uniform. Female Troopers out of uniform and off duty may wear earrings on military installations; wearing other body piercings on post is prohibited.

The military has set many guidelines to ensure proper military bearing as well as professional appearance is maintained. These guidelines may often be changed or altered, so you should be sure to keep yourself informed.



#### DoD announces program to recognize frequent deployment

From the Department of Defense

Office of the Assistant Secretary of Defense

The Department of Defense announced today a program to recognize service members who deploy or mobilize beyond the established rotation policy goals. The goals for the Active and Guard/ Reserve units are one year deployed to two years at home station (1:2) and one year mobilized to five years demobilized (1:5) respectively.

Administrative absence will be granted to service members when these goals are not met and can be

used at their convenience. This is provided to enhance the service member's quality of life and will be done on the following basis:

- One day for each month a service member is deployed over 12 of 36 consecutive months of active duty or over 12 months of a 72 month period mobilized for the guard/reserves.
- Two days will be granted when thresholds of more than 18 of 36 consecutive months for active duty or 18 of 72 months for the guard/ reserve are exceeded.
- Four days will be provided when thresholds of more than 24 of 36 consecutive months for active duty or 24 of 72 months for the guard/reserve are exceeded.

Administrative absence is authorized by the commander. It is separate and distinct from normal leave accrued by a service member.



Troopers of the Texas Army National Guard's 124th Cavalry Regiment, 36th Infantry Division, stand in formation during an official welcomehome ceremony held at Fort Hood, Texas, Jan. 23.

# Security bulletin: Foreign contacts

By Frank Perkins

JTF-GTMO Special Security Office

Personnel must protect themselves against cultivation and possible exploitation by foreign nationals working for foreign intelligence services to which they might unwittingly provide sensitive or classified national security information.

Personnel with security clearances and SCI access have a continuing responsibility to their immediate supervisor or local SCI security officials on all contacts including ties of kinship, affection or obligation of a close, continuing personal association, with foreign nationals. Casual contacts and associations arising from living in a community normally need not be reported. At a place where illegal or unauthorized access is sought for classified, sensitive or proprietary information or technology, either with or outside the scope of the employee's official activities, we must be on extra alert.

Personnel should be skeptical of requests for information that go beyond the bounds of innocent

curiosity or normal business inquiries, with known or suspected intelligence officers from any country. Personnel will not initiate contact with foreign government representatives, accept invitations to attend any official or social foreign function or extend reciprocal invitations except those specifically approved or endorsed by the U.S. government. DoD personnel whose official duties require them to deal officially and socially with foreign nationals must limit their contact and association to the requirements of their duties.

Failure to report foreign contacts may result in reevaluation of eligibility for continued security clearance and SCI access. This does not imply that an individual will automatically be subject to administrative action if he or she reports questionable contacts or associations. These instructions are not intended to inhibit or discourage contact with foreign nationals. They are meant to ensure that the nature of the contacts and associations and all relevant information are properly documented and disseminated. See your security manager for more information.

Mission first, security always! ■

## **Network News**

Why is it so important to have a secure password?

#### By Air Force Capt. Kenyatta Craten

JTF-GTMO Information Assurance Office

If you invited me to try and crack your password, how many guesses would it take before I got it?

Here is my top ten list. I can obtain most of this information, then I might just be able to get into your e-mail, computer or online banking.

- 1. Your partner, child or pet's name, possibly followed by a 0 or 1
- 2. The last 4 digits of your SSN.
- 3. 123 or 1234 or 123456.
- 4. "password"
- 5. Your city, college or football team name.
- 6. Dates of birth
- 7. "God"
- 8. "letmein"
- 9. "money"
- **10.** "love"

Statistically speaking, that should probably cover about 20 percent of you. If I didn't get it yet, it will probably only take a few moments to do so.

Hackers have developed a wide range of tools to get at your personal data. The main impediment standing between your information remaining safe or leaking out is the password you choose.

One of the simplest ways to gain access to your information is through the use of a **Brute**Force Attack. This is accomplished when a hacker uses a specially written piece of software to attempt to log into a site using your credentials.

So, how would one use this process to actually breach your personal security? Simple. Follow my

#### logic:

- You probably use the same password for a lot of different things, correct?
- Some sites you access such as your bank or work VPN probably have pretty decent security, so I'm not going to attack them.
- -However, other sites like the Hallmark e-mail greeting cards site, an online forum you frequent or an e-commerce site you've shopped at might not be as well prepared. So those are the ones I'd work on.

All I'd have to do now is unleash Brute Force Attacks such as **Brutus** or **THC Hydra** on their server with instructions to try 10,000 (or 100,000) different usernames and passwords as fast as possible.

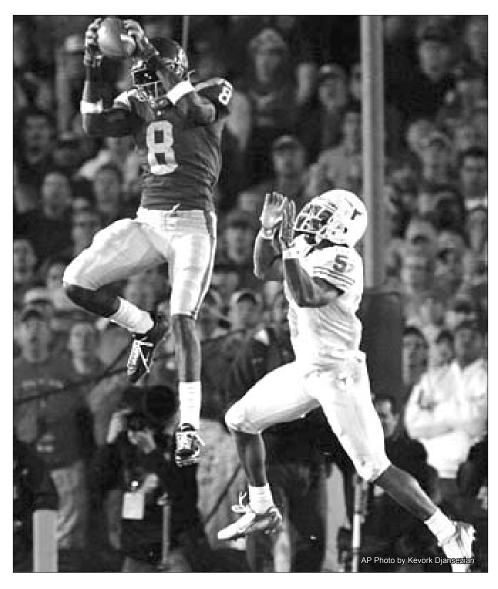
- -Once we've got several logins and password pairings we can then go back and test them on targeted sites.
- -How do I know which bank you use and what your login ID is for the sites you frequent? All of those cookies are simply stored in your Web browser's cache and 95 percent of those methods begin with compromising weak passwords.

I understand the need to choose memorable passwords. Using a password no one is going to guess and doesn't contain any common words or phrase in it is of the utmost importance.

Once you've thought of a password, try Microsoft's password strength tester at https://www.microsoft.com/athome/security/privacy/password\_checker.mspx to find out how secure it is.

Another thing to keep in mind is that some of the passwords you think matter least actually matter most. For example, some people think that the password to their email box isn't important because "I don't get anything sensitive there." Well, that e-mail box is probably connected to your online banking account. If I can compromise it then I can log into the Bank's Web site and tell it I've forgotten my password to have it e-mailed to me. Now, what were you saying about it not being important?

## **NFL Flooded with Draft Duos**



Southern California wide receiver Dwayne Jarrett makes a 22-yard catch before running it into the end zone for a touchdown during the fourth quarter of the Rose Bowl, the national championship college football game, Wednesday, Jan. 4, 2006, in Pasadena, Calif.

#### By Army Spc. Dustin Robins

JTF-GTMO Public Affairs Office

Just as uncharacteristic as the recent New Jersey's flood, the flood of talent this year for the NFL draft may have scouts seeing double.

If Noah had to fill his Ark with draft prospects, he'd have an easy time doing it two-by-two, especially if he wanted to stock up on worthy wide receivers.

"He would have enough guys to run [patterns] for 40 days and 40 nights, right?" said Southern California wide receiver

Steve Smith, who, with former Trojans teammate Dwayne Jarrett, plans to continue his career at the professional level. "From what I could see at the combine, there are a lot of good receivers, some of them from the same programs. It's like the scouts are getting a 'two-fer' or something."

There have been draft years in the past that have featured two or more solid wide receiver prospects from the same school, but this year's talent pool is loaded with them. The Ohio State tandem of Ted Ginn Jr. and Anthony Gonzalez, Dwayne Bowe and Buster Davis of LSU and California's

Smith and Jarrett are among the prospects in this year's draft pool. What's more amazing is all of them stand a good chance to be chosen by the end of the second round.

All six of the wide receivers from the three high-profile programs should be starters early in their NFL careers. Perhaps even a few of them may start as rookies. These duos give a lot of the credit to the competitive environment in which they played this year, thus preparing them for life at the game's next level.

"When you've got to work hard every day just to be the best [wide receiver] on your team, let alone one of the best in the draft, that naturally makes you a better player," said Bowe, whose strength and size helps compensate for his modest speed. "There is a certain degree of pride involved ... one guy battling another. And I think, when we all move outside our own teams, and we're trying to be king of the mountain and not just the king of the hill in our own backyard, it carries over. No one wants to be a second banana. That's just the nature of the beast at the position."

In some cases with the wide receivers this year, the scouts certainly have identified one of the prospects as lead player and the other as number two wideout. That's clearly the case with the Ohio State and LSU pairs, although the continuing physical misfortune of Ginn, who is still nursing a foot sprain he received during the National Championship game, have left some questions about his ability to be a top-15 choice.

Jarrett has not run well in workouts and, although he is a genuine playmaker, his lack of top-end speed has left scouts divided on where he fits into the talent pool at his position. Smith doesn't possess the kind of monstrous size that Jarrett does, but he's impressive with his short-area quickness.

The one common denominator, Smith emphasized, is that he and Jarrett are NFL-ready, two guys who have shared the spotlight and split the receiving distribution at a big-time program.

"That whole 'me or him' thing has toughened us both," Smith said. "No matter which of us goes when or where, we're both going to be okay. And part of that is having played so much together and gotten attention both individually and as a pair."

### Softball smackdown: Los Boricuas pillage Pirates, 16-5



Los Boricuas' pitcher, Angel Montes led his team to a 16-5 victory.

By Navy Petty Officer 3rd Class Jeff Johnstone

JTF-GTMO Public Affairs Office

Intramural softball action continued this week as Los Boricuas squared off with the W.T. Sampson High School Pirates at Cooper Field Wednesday, April 18. The Pirates, hungry for a victory, started the game off on the right foot, jumping out to a 3-0 lead in the early innings. Boricuas looked to be reeling in the early goings, as the Pirates' consistent hitting kept Boricuas' outfield on their toes, while the youngsters' defense kept Boricuas off the scoreboard.

This would soon change, as Boricuas turned the tables, and went on a 15 run tear. It was as if Boricuas' batting corps knew exactly where to hit the ball to keep the Pirates off balance. Boricuas not only tied the game in the middle innings, but doubled the Pirates' point total in the fourth inning and continued to pile on more runs on top of that.

To the Pirates' credit, they managed to set up scoring opportunities throughout the game, never ruling out the possibility of a comeback. As the kids manned the bases, however, they just couldn't reach the elusive home plate to tally enough scores.

Two more runs in the latter innings kept the Pirates from being totally shipwrecked. However, they were forced to walk the plank when they couldn't cut the lead to fewer than 11 runs, forcing a mercy rule victory for Boricuas. Boricuas picked up the victory over W.T. Sampson, 16-5.



Jeremy Jefferson of the Los Boricuas, connects with a pitch during his team's 16-5 victory over the W.T. Sampson Pirates Wednesday night. The Boricuas rallied from an early 3-0 deficit.

# MASTER CRAFT Pro wakeboarding

Guantanamo Bay, Cuba was treated to an awesome exhibition of wakeboarding stunts preformed by some of the best in the business last week. Using a professional wakeboarding boat courtesy of Mastercraft, Zane, Andrew and the Marsh brothers were just some of the wakeboarders that dazzled GTMO audiences. A big thanks goes out to Mastercraft, the wakeboarders and of course our local Moral Welfare and Recreation team.





Background photo by Army Pfc. Phil Regina

# Special considerations for air travel



By Navy Petty Officer 2nd Class Gary Keen

JTF-GTMO Public Affairs Office

How many service members have had their family see them off at the airport prematurely, leaving them at the first security check point, because they were afraid they wouldn't make their flight on time? I know I have, and depending on the nations threat level you could arrive too late or too early at your gate.

It seems that the Transportation Security Administration (TSA) is noticing the sacrifices of the men and women of the U. S. Armed Services. The TSA has issued a new Air Travel Special Consideration, security directive 1544-01-10W. Family members may be given a pass to escort military passengers to their gate or to meet inbound military passengers at their arrival gates.

The TSA Web page states that interested military family members of deployed service members should contact their air carrier representative at the departure/arrival terminal for proper local procedures.

After contacting several major airlines, I was informed that interested family members should request a pass from the ticket counter of their current airline on the day of the departing/arriving flights. Family members will need a valid ID, flight number and the confirmation code from the ticket of the service member. There is no exact number of how many family members can go, but military personal and dependents should use their best judgment to limit delays through security checks.

Here are a few tips for family members that will

assist them getting through the screening process easily and efficiently:

- Keep gate pass and ID available.
- Remove metal items in pockets, and metal belt buckle and submit them for X-ray screening.
- Remove shoes, especially boots, and put them on the X-ray belt.
- Remember liquids are restricted to 3 ounces or less, in one or more bottles, carried in a one quart-sized clear plastic zip-top bag, per person.
- Ensure purses and handbags do not contain any prohibited items.

This is an excellent program to accommodate military personnel during difficult times. It also shows that our country appreciates the sacrifices made by our military and their families when they go on deployments. The last thing I want to worry about when I am on deployment is how I would have spent that extra 30 - 45 minutes with my family if I had not gone through security so early because I was scared I would miss my flight.

For more information about Air Travel Special Considerations, and "up to date" tips to assist getting through screening process easily, or packing tips for military personnel, visit www.tsa.gov.

# Do you suffer from askavedekatriaphobia?

By Navy Petty Officer 3rd Class Jeff Johnstone

JTF-GTMO Public Affairs Office

Superstitious people the world over may not be familiar with the word paraskavedekatriaphobia. If they were to research the word, let alone if they could pronounce it, they would realize they were more aware of the word's meaning then they thought they were.

Paraskavedekatriaphobia, is the fear of Friday the 13th, historically a day of bad luck in English, German, Polish and Portuguese speaking cultures around the world. The word is formed by three Greek words meaning Friday, thirteen and obviously, phobia.

It is believed that an estimated \$800 million in business is lost on this day due to people refusing to fly or perform business the way they ordinarily would.

Over 17 million people are diagnosed with paraskavedekatriaphobia, according to the Stress Management Center and Phobia Institute in Asheville, NC.

A study by a British medical journal revealed an increase in traffic related accidents on Friday the 13th.

Some buildings such as hotels in Britain and Japan may have over 13 floors, but will not acknowledge the number 13 on their elevators. The 13th floor may be assigned a letter in its place, or merely used for storage. In Britain, if a building has 13 floors, ownership may call the first floor the ground floor, so the building had the appearance of having 12 floors.

Notable natural events that occurred, or will occur on a Friday the 13th and other facts:



-Hurricane Charley touched down in Florida on Friday August 13, 2004.

-According to NASA, the asteroid 99942 Apophis will make its close encounter with Earth on Friday, April 13, 2029.

-There are 13 witches in a coven -Ironically, just days ago, several tornadoes touched down in northern Texas on Friday, April 13, 2007.

Prior to the 20th Century, the number 13 was considered unlucky by some cultures, and Friday was thought to be unlucky by other cultures. This is merely a coincidence.

The number 13 is considered an unlucky number for Greece. According to Greek history, the first-ever fall of the richest Christian city, Constantinople, was sacked by crusaders of the Fourth Crusade on Tuesday the 13th in the year 1204. The city fell again on May 29, 1453 (a Tuesday) to the Ottoman Turks, thus putting an end to the Byzantine empire. This also ended Greek sovereignty for several centuries to follow. For this reason, Tuesday the 13th is unlucky in the Greek world.

In American pop culture, the day Friday the 13th is the namesake of a series of slasher films that began in the early 1980's, with films being developed in recent years.

Annually, there are at least one and at most three Fridays the 13th. All months beginning on a Sunday will contain a Friday the 13th. The next Friday the 13th this year takes place in July. ■

# Reunion Issue #9

By Army Chaplain (Maj.) Daniel Jones

JTF Command Chaplain

As different Joint Task Force personnel get closer to returning home it is important to realize that our young men and women have brilliantly performed some very tough missions. This could not have been possible without everyone's efforts to remain safe. However, the mission is not complete until each person is home and readjusted safely. Each person must remain focused and maintain their situational awareness not only for the return trip but also throughout the year. Now is not the time to relax your safety focus and have an accident.

Upon returning to home station, personnel may let down their guard against the normal hazards common to the home environment.

- The periods of leave and travel for some well-deserved rest and family time, along with the other recreational activities, increase the threat of accidents.
- Personnel returning home may find themselves in weather related conditions that they have become unfamiliar with.
- Be aware of getting tired by driving for long periods of time. No trip through the base takes longer than 20 minutes.
- Vehicles left in storage need to be checked before use. Check fluid levels and air pressure in tires. Make sure blinkers and brake lights work. Re-orient yourself with mirrors and other

vehicle characteristics prior to driving.

- It is recommended that personnel planning to operate a motorcycle either on or off their home installation take the local Motorcycle Safety Course as refresher training.
- After having been at GTMO for a while, and never being able to drive over 25 mph, it quite a transition to suddenly be able to drive 65, 70 or even 75 mph on the Interstates and highways. ■

### SURVIVING SEPARATION

By Army Chaplain (Maj.) Daniel Jones

JTF Command Chaplain

This week's action item is:

Action Item #9 – Plan any trip home before you travel

The Army Combat Readiness Center (formerly The Army Safety Center) has a link at the top of its web page to assist the service member in dealing with this issue. This program is called "POV Risk Assessment Tool (ASMIS2): https://crc.army.mil/home/.

For Navy personnel The Navy Safety Center web site has very similar web tools located at: http://www.safetycenter.navy.mil/ashore/motorvehicle/toolbox/default.htm.

## WEEKEND WEATHER FORECAST

Weather forecast provided by www.weather.com

#### Saturday, Apr. 21

Partly cloudy. Highs in the upper 80's, and lows in the lower 70's.



Partly Cloudy

Sunrise: 6:38 a.m. Sunset: 7:21 p.m.

Chance of Rain: 20%

#### Sunday, Apr. 22

Partly cloudy. Highs in the upper 80's, and lows in the lower 70's.



Partly Cloudy

Sunrise: 6:37 a.m. Sunset: 7:21 p.m.

Chance of Rain: 20%

#### Monday, Apr. 23

Partly cloudy. Highs in the upper 80's, and lows in the lower 70's.



Partly Cloudy

Sunrise: 6:37 a.m. Sunset: 7:21 p.m.

Chance of Rain: 10%



- Music and Lyrics -Rating: ★ ★

Rated: PG13

**Duration: 96 minutes** 

# MOVIE REVIEW (ORNER

# This week's movie review of "Music and Lyrics" by Army Pfc. Phil Regina

Music and Lyrics is another run-of-the-mill romantic comedy. Two unlikely opposites teach one another new things and eventually fall in love.

Hugh Grant plays a has-been singer, in desperate need of another hit. Drew Barrymore provides this with her stellar lyric writing skills. Together they find out that it's not just their music and lyrics that are made for each other.

Music and Lyrics is your standard romantic comedy that warms your heart and forces that all familiar chuckle that comes with a well-timed on-screen kiss. Barrymore and Grant are wonderful together. Grant plays the same role he always plays, the cynical, yet completely charming Englishman, while Barrymore presents us with another stellar performance of unparalleled cuteness.

I give *Music and Lyrics* two stars. Although this movie may be nothing more than an average romantic comedy, it is still heartwarming. Grant's charm and Barrymore's quirkiness quickly steal your attention. If you're looking for a cute and entertaining movie, check out *Music and Lyrics*.

#### **Boots on the Ground:**

"What is your favorite leisure activity here at GTMO?"



"Playing left fielder for the Los Boricuas softball team."

-Marine Sgt. Jeremy Ericson



"Singing with the 1300 Gospel choir at Base Chapel."

-Air Force Staff Sgt. Lakisha Exley



"I enjoy wakeboarding in Guantanamo bay."

-Navy Petty Officer 2nd Class Wesley Miller



"Going to Windmill Beach and taking correspondence courses."

-Army Sgt. Julio Montalvo

#### THE WORK OF A CHAPLAIN

#### By Army Chaplain (Maj.) Daniel Jones

JTF Command Chaplain

I sometimes describe the work of a chaplain as an empathetic expedition with troopers. On this journey, a relationship of caring develops and it is hoped that healing takes place. When one talks of empathy, it means taking the time and exercising patience to discern the experience of Troopers and to help them to understand their feelings and deal with them better. This involves accepting them for who they are without imposing anything upon them, and at the same time not feeling threatened by them when their issues touch ours but recognizing our common humanity.

When we journey with Troopers' exploration of their issues is done with respect and care even though they may be painful and difficult. The emerging result of this encounter is the affirmation of the Troopers' humanity and a better understanding of itself.

Closely related to empathy is caring. In his book, "Out of Solitude," Henri J. M. Nouwen states that, 'the basic meaning of care is to grieve, to experience sorrow, to cry with.' He expounds this point by saying that

'to care means to be present to each other. From experience, you know that those who care for you become present to you. When they listen, they listen to you. When they speak, you know they speak to you. And when they ask questions, you know it is for your sake and not for their own. Their presence is a healing presence because they accept you on your terms, and they encourage you to take your own life seriously and to trust your own vocation (39-40).'

It must be noted that the emphasis of empathy and caring is not on the chaplain helping the Trooper by providing the solution, but the important element is presence of the chaplain as the Trooper searches for a solution to whatever difficulty he or she might be encountering at that particular time.

As a chaplain I agree with the observation of Barry K. Estadt, Ph.D. when he states that 'we respond to calls for help from individuals immersed in life's squalls. To understand deeply their experience we inch closely enough to the storm so that we can understand the intensity of their struggle and, in turn, can allow them to experience our presence.'

To accomplish this we allow the Troopers time, space and safe boundaries to tell their story. In this encounter, the chaplain receives all the messages the Troopers bring with compassion and respect. ■



#### CAMP AMERICA WORSHIP SCHEDULE

Sunday	9:00 a.m. 5:45 p.m. 6:30 p.m. 7:30 p.m.	Protestant Service Confessions Catholic Mass Evening Prayer Soul Survivor	Troopers' Chapel Troopers' Chapel Troopers' Chapel Troopers' Chapel
Wednesday	7:30 p.m.	Soul Survivor	Camp America North Pavilion

#### NAVAL BASE CHAPEL

MAVAL DASE ONAPEL				
Sunday	8:00 a.m. 9:00 a.m. 9:00 a.m.	Pentecostal Gospel Catholic Mass Church of Jesus Christ	Room 13 Main Chapel	
	9:30 a.m.	of Latter-day Saints Protestant Sun. School	Sanctuary A Main Chapel	
		Protestant Liturgical	Sanctuary B	
	11:00 a.m. 1:00 p.m.		Main Chapel Main Chapel	
	5:00 p.m.	Pentecostal Gospel	Room 13	
Monday	7:00 p.m.	Prayer Group Fellowship	Fellowship Hall	
Mon. to Fri.	7:00 p.m. 6:00 p.m.	Family Home Evening Daily Mass	Room 8 Main Chapel	
Wednesday	7:00 p.m.	Men's Bible Study	Fellowship Hall	
Friday Saturday	12:30 p.m. 4:15 p.m. 5:00 p.m.	Islamic Prayer Confessions Vigil Mass	Sanctuary C Main Chapel Main Chapel	

Jewish Shabbat Services held every second Friday at 7:30 p.m. in the Naval Base Chapel complex Room 11.

By Army Pfc. Phil Regina

# 15 Minutes of Fame

Army Maj. Miguel Mendez

Leonardo Da Vinci,
Michelangelo Buonarroti,
Johann Wolfgang Von Goethe.
These names echo with
greatness. Each of these men
were men of many talents. They
painted and sculpted some of
the greatest art ever made. Each
of these men constantly strived
to be great in a multitude of
fields. Nowadays this type of
dedication to greatness may not
seem commonplace; however,
some still strive to push their
boundaries.

Army Maj. Miguel Mendez,
Deputy Director of the Joint
Task Force Joint Visitor
Bureau, is a modern day
renaissance man. Whether
its spending time behind the
microphone in a music studio
or in front of a canvas painting,
Mendez finds ways to use his
time artistically.

Some of Mendez's endeavors include singing professionally in Salsa and Merengue bands, sculpting, painting and serving as museum curator in Puerto Rico, not to mention his service to the U.S. Army as a major in the Puerto Rico National Guard.

Mendez maintains that although he is a very busy man, he remains unsatisfied.

"There's so much I want to do, I wish I didn't have to sleep so I could keep doing things. I can't sit still, I love learning new things and experiencing new things," explained Mendez. Luckily for Mendez, Guantanamo Bay offers many things to keep him busy.

"I've already visited the ceramics shop here. I also help instruct a Salsa dance class at the Marine Hill Spinning Center every Wednesday. In the near future I will be teaching Salsa every Friday night from 7 p.m. to 9 p.m. at the Windjammer," added Mendez.

Mendez left behind a family of three kids and his "beautiful" wife. Although separated from his family, Mendez remains happy.

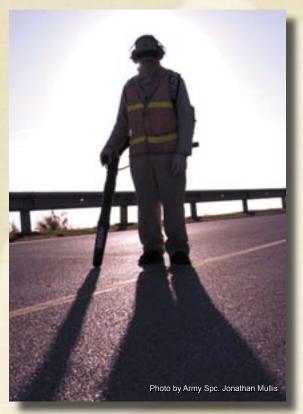
"My family misses me everyday, but they're also very proud of the fact that I'm serving my country and helping to secure their freedom. They tell me everyday just how proud they are of me," said Mendez.

When Mendez isn't busy serving in the JTF he finds time to sing and dance.

"I enjoy my job. I'm the face of the JTF. My job's a challenge, but it's also very rewarding," Mendez explained.

Mendez' greatest talent isn't his proficiency in the arts, or his singing ability. It's his attitude.

"If you look at me you'll always notice a sincere smile on my face. I always try to keep a positive attitude, no matter what happens. My personal motto is problems are not a part of my life, there may be a few things just waiting to be solved," concluded Mendez.



Joint Task Force contractor maintains the local streets in Camp America here at Guantanamo Bay.



A Cuban Rock Iguana raises its head and takes a look around in the tropical Caribbean sun.



Navy Petty Officer 2nd Class Benjamin Soto raises his right hand and recites the oath of enlistment during his reenlistment ceremony presided over by Navy Lt. Vickie Lucas at Camp 6 Friday.



Some members of the Joint Task Force here serve doubly as military reservists and state police. Pictured here, from left to right, Coast Guard Senior Chief Petty Officer Eric L. Johnson, New Hampshire State Police, Navy Senior Chief Petty Officer Darryl "Bucs" Irvin, Georgia State Patrol, Army Col. James E. Vandegrift, a retired Captain of the Maryland State Police and Coast Guard Petty Officer First Class Timothy G. Donahue, Connecticut State Police.